

## Fact Sheet

### Healthy Start Support Services for Children Act 2000-2001

#### Grants Awarded

Year	Operational Grant			Collaborative Planning Grants		
	Grants Awarded	Number of Schools	Students Enrolled	Grants Awarded	Number of Schools	Students Enrolled
1991-92	40	128	89,811	110	308	216,490
1992-93	25	82	63,953	72	239	163,505
1993-94	47	162	103,306	44	103	79,699
1994-95	37	97	90,638	54	117	79,067
1995-96	72	181	142,608	64	149	114,319
1996-97	74	157	114,117	102	222	180,586
1997-98	92	174	148,634	91	160	129,408
1998-99	82	141	111,914	107	170	112,128
1999-2000	80	122	84,225	93	137	98,467
2000-2001	86	124	73,306	74	94	55,692
<b>Totals</b>	<b>635</b>	<b>1,368</b>	<b>1,028,104</b>	<b>811</b>	<b>1,699</b>	<b>1,229,642</b>

*The goal of Healthy Start is to improve the lives of children, youth, and families. Local initiatives strive for measurable improvements in such areas as school readiness, educational success, physical health, emotional support, and family strength.*

#### Services for Children, Youth and Families

Each local Healthy Start initiative provides comprehensive school-integrated services and activities to meet the desired results identified for Healthy Start children, youth, and families. These services and activities may include:

- Academic/Education (tutoring, mentoring, dropout prevention, adult education, and staff training)
- Youth Development Services (tutoring, employment, community services, recreation, and sports)
- Family Support (child protection, parenting education, English as a Second Language (ESL), citizenship classes, child care, case management, and family advocacy)
- Basic Needs (supplemental food, nutrition education services, clothing, shelter/housing, transportation, and legal assistance)
- Medical/Health Care (vision, hearing, dental, CHDP, acute care, preventive health care, and health insurance)
- Mental Health Care and Counseling (therapy, support groups, and substance abuse prevention)
- Employment (career counseling, job placement, job preparation and development)

Note: Healthy Start does not necessarily pay for these services. Rather, Healthy Start coordinates integrated service delivery which links children and families to needed supports and services.

Healthy Start is designed to serve children, their family members, and the community. The goals of Healthy Start include:

- Ensuring that each child receives the physical, emotional, and intellectual support that he or she needs - in school, at home, and in the community - to learn well.
- Building the capacity of students and parents to be participants, leaders, and decision makers in their communities.
- Helping schools and other child and family-serving agencies to recognize, streamline, and integrate their programs to provide more effective support to children and their families.

( ... more on side 2 )

## CALIFORNIA'S HEALTHY START EVALUATION RESULTS

Evaluation results\* show a strong initiative that offers positive support and guidance for students and families especially those most in need. Healthy Start schools show increases in test scores, improvements in children's classroom behavior, and a greater parent involvement in school activities.

### Schoolwide Results

Statistically significant schoolwide improvements were achieved including:

- Standardized tests scores for grades one through three increased.
- Parent participation increased for all school activities.
- Student mobility was reduced.

Trends at Healthy Start sites included:

- Decrease in school violence.
- Decrease in violence and child abuse in homes.
- Improvement in self concept and decrease in drug use.

### Results for Children, Youth, and Families (receiving intensive, comprehensive services)

Children, youth, and families served through Healthy Start showed improved results in virtually every area examined in the evaluation studies. The greatest improvements were experienced in the following areas:

Meeting families' unmet needs was a strength of the Healthy Start initiatives.

- Improvement from "In Crisis" and "At Risk" scores to the "Stable" mark in housing, food and clothing, transportation, finances, and employment.
- Sizable improvements were made in assisting Healthy Start children and families to access health and dental care, and therefore, to use preventive health care.
- Family violence decreased with parents showing greater awareness of their child's developmental stages.
- Local initiatives were successful in meeting families' needs for child care and transportation.

Students showed positive academic and behavioral changes.

- Students decreased drug use, improving their self concept and perception of support.
- Elementary school children's classroom behavior improved.
- Reading scores increased by 25% and math scores by 50% in the lowest performing schools.

### Six Elements of Success

The elements\*\* necessary to sustain Healthy Start include:

- Supports and services to children, youth, and families are provided in a facility that has adequate space, is comfortable, and is accessible to children.
- An active local Healthy Start collaborative demonstrates leadership and involvement in administering, governing, evaluating, and improving Healthy Start. This includes authority to make policy decisions regarding reinvestment of LEA Medi-Cal funds. Representation includes children, families, community organizations, businesses, schools, districts and agencies.
- A children/families' coordinator (at least one FTE recommended) builds communication between policy makers and those providing supports and services to improve and sustain service and supports for children and families.
- Combined resources of families, communities, counties, cities, nonprofit organizations, businesses, school(s) and district(s) are committed to long term support of children, youth, and families through Healthy Start.
- Continuous efforts to measure and demonstrate the results of a successful Healthy Start initiative are evident, and these results are being shared with collaborative partners, including families.
- Healthy Start is integrated in the local school(s), including administrator support and active teaching and learning support staff involvement.

For further information about the Healthy Start initiative please contact the Healthy Start and After School Partnerships Office at (916) 657-3558 or visit the web site at [www.cde.ca.gov/healthystart/](http://www.cde.ca.gov/healthystart/).

\* Evaluation results reported from the SRI, International statewide evaluation of the first three years of Healthy Start and from *Healthy Start Works* the California Department of Education report on the 1997 statewide evaluation.

\*\* These elements were derived from the Healthy Start statewide evaluation.